healthpath

GUT HEALTH MOT

PROCESS OVERVIEW

We evaluated **your symptoms**

+

We looked at **bacteria, yeasts and/or parasites**

+

We analysed **your biomarkers**

WHAT YOU GET FROM US

Your bespoke supplement package

The Healthpath plate

The Healthpath fundamentals of health programme

Sleep

Activity

Stress

Diet

GUT HEALTH MOT

TEST REPORT

Thank you for taking the Gut Health MOT Test. We're delighted to provide your personalised report.

The report is divided into four sections:

I. **Your microbiome**
This provides insight into the consistency of your poop, the diversity of your bacteria, your 'enterotype' and your dysbiosis index. These are all important and interconnected components that shed light on the health of your digestive system.

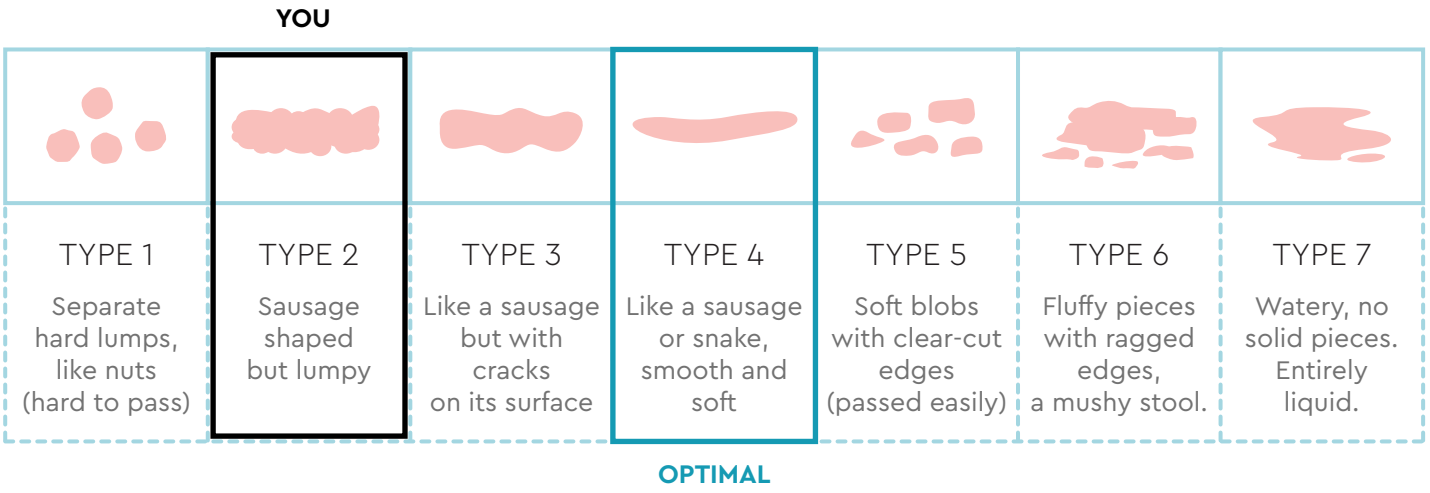
II. **Bacteria, yeasts and/or parasites**
This section gives details of organisms that have been detected in your digestive system.

III. **Biomarkers**
These assess both your ability to break down and absorb your food, and any immune system activity. This helps us understand whether food sensitivities or gut infections are contributing to your symptoms.

IV. **Recommendations**
Finally, this section provides your lifestyle and supplement recommendations.

I. YOUR MICROBIOME

Consistency



Decreased water activity, associated with harder stools and prolonged transit time, is thought to limit bacterial growth by reducing nutrient mobility and enzyme activity.

Species richness (the number and types of bacteria in the gut) is known to decline with higher BSS scores, reaching its minimum in those with loose stools (type 7).

pH

6.9

ACIDIC **OPTIMAL** NEUTRAL ALKALINE

3.0 4.0 5.0 6.0 7.0 8.0 9.0 10.0 11.0

YOU

pH is all about balance.
Both very acidic and very alkaline scores represent unhealthy digestive systems.

A **LOW** pH can indicate that carbohydrates aren't being absorbed properly.

A **HIGH** pH suggests inadequate acid production and digestion.

Biodiversity

5

Congrats!
You are quite inhabited.

Species richness is thought to be a major marker for gut health. Ideally, we all want high bacterial richness and diversity, as these often reflect ecosystem stability and resilience.

[illegible]

Enterotype

Recent research suggests that the human microbiome can be assigned to three main groups, known as 'enterotypes'.

Your result

Enterotype 1

Enriched with Bacteroides and the co-occurring Parabacteroides

Enterotype 2

Enriched with Prevotella and the co-occuring Desulfovibrio

Enterotype 3

Enriched with Ruminococcus and the co-occurring Akkermansia

Dysbiosis index

12

0 5 10 15 20 25 30

OPTIMAL

Your result

[illegible]

II. BACTERIA, FUNGI AND PARASITES

Lactobacilli	LOW

What is it? A type of bacteria

What does it do? [illegible]

What does this level mean? [illegible]

Bacteriodetes	HIGH

What is it? Bacteroidetes are a family of bacteria. Along with Firmicutes, they are one of two dominant families of bacteria in the gut. In fact, Bacteroidetes bacteria generally make up half of the gut microbiome.

What does it do? [illegible]

What does this level mean? [illegible]

Bifidobacterium spp	LOW

What is it? A type of bacteria that's a normal component of a healthy microbiome.

What does it do? [illegible]

What does this level mean? [illegible]

III. BIOMARKERS

Secretory IgA	HIGH

What is it? Secretory IgA is an antibody (an immune cell) that is released into the gastrointestinal tract to fight infection.

What does it do? It forms part of the lining that protects the gut from infection and toxins, and is also known to fight inflammation.

What does this level mean? Chronic infection, long-term stress, nutrient deficiencies.

Elastase-1	LOW

What is it? An enzyme.

What does it do? Pancreatic elastase is an enzyme that digests protein. It's produced in the pancreas, which means it can be used to measure how well the gut and pancreas are functioning together. It's important our pancreas is working well, as its enzymes allow us to digest our food properly.

What causes low levels? Age; smoking; small intestine infection; small intestine bacterial overgrowth (SIBO); inflammation in the small intestine; type-1, type-2 or gestational diabetes; coeliac disease; inflammatory bowel disease; chronic stress; excess alcohol intake.

IV. RECOMMENDATIONS

Based on your results, we recommend the following:

- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]

Take the following supplements:

PRODUCT NAME	DOSE	HOW TO TAKE	DURATION
Sacchraomyces Boulardii by Seeking Health	2 capsules	Take whenever is most convenient.	6–8 weeks
Culturelle	2 capsules	Take 1 with breakfast and 1 with dinner.	6–8 weeks
Pro Digestion Intensive by Seeking Health	6 capsules	Take 2 with each meal.	6–8 weeks
AD Pro by Apex Energetics	1 capsule	Take whenever is most convenient.	6–8 weeks
GI Synergy by Apex Energetics	1 packet per day	Take whenever is most convenient.	6–8 weeks

These supplements can be bought individually.
Many of the nutrients can also be found in the **Healthpath Gut Repair supplement bundle.**

Disclaimer: if you're pregnant, breastfeeding, taking medications or suffering from a disease or medical condition, please consult your doctor before following these recommendations.

ANNEX
Original Test Report

Test	Result	Unit	Standard Range	Previous Result
Stool Diagnostics				
Moleculargenetic Microbiomeanalysis MIDI				
Stool Properties				
Colour	dark brown			braun FE NA) VISU
Consistency	mushy			breiig FE NA) VISU
pH	6,5		5,8 - 6,5	6,0 FE NA) TESTS
Biodiversity				
Diversity	5,29		> 5,0	FE NA) MGSEQ

The bacterial diversity in the intestinal tract may vary considerably from person to person. Antibiotic therapies, infections, increasing age, unbalanced diets or smoking are causes of declining diversity.

Grad **5**

Bacteria Phyla (Distribution)				
Bacteroidetes	55,4	%	30 - 60	FE NA) MGSEQ
Firmicutes	39,3	%	30 - 60	FE NA) MGSEQ
Ratio				
Firmicutes/Bacteroidetes	0,71	Quotient	< 1,5	FE NA) RECHN
Enterotype				
Bacteroides				FE NA) MGSEQ

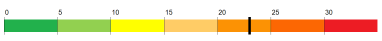
Human intestinal microbiomes can be differentiated into three Enterotypes. Enterotypes are defined by dominant bacterial clusters with distinct metabolic properties.

Enterotyp **1**

Dysbiosis index

The dysbiosis index represents a measure of deviations within the microbiome. Depending on their relevance, all detected phyla, genera and species are considered.

NA) RECHN



Index **23**

Test	Result	Unit	Standard Range	Previous Result
Bacteria Phyla - most important genera and species				
Actinobacteria				
Bifidobacteria	9,8 x 10^8	CFU/g faeces	> 5,0 x 10^9	FE NA) MGSEQ
Bifidobacterium longum	79	%		FE NA) MGSEQ
Equol producing bacteria	4,1 x 10^9	CFU/g faeces	> 5,0 x 10^9	FE NA) MGSEQ
Bacteroidetes				
Bacteroides	5,0 x 10^11	CFU/g faeces	> 1,5 x 10^11	FE NA) MGSEQ
Prevotella	< 1,0 x 10^6	CFU/g faeces	> 1,0 x 10^10	FE NA) MGSEQ
Firmicutes				
Butyrate producing bacteria				
Faecalibacterium prausnitzii	5,4 x 10^10	CFU/g faeces	> 5,0 x 10^10	FE NA) MGSEQ
Eubacterium rectale	6,5 x 10^9	CFU/g faeces	> 1,0 x 10^10	FE NA) MGSEQ
Eubacterium hallii	2,4 x 10^9	CFU/g faeces	> 5,0 x 10^9	FE NA) MGSEQ
Roseburia spp.	3,4 x 10^10	CFU/g faeces	> 2,0 x 10^10	FE NA) MGSEQ
Ruminococcus spp.	6,2 x 10^10	CFU/g faeces	> 3,0 x 10^10	FE NA) MGSEQ
Coprococcus	4,6 x 10^9	CFU/g faeces	> 2,0 x 10^10	FE NA) MGSEQ
Total bacterial count	1,9 x 10^11	CFU/g faeces	> 1,3 x 10^11	FE NA) MGSEQ
Clostridia				
Clostridia total bacterial count	1,2 x 10^10	CFU/g faeces	< 4,0 x 10^9	FE NA) MGSEQ
Clostridia cluster I	1,5 x 10^9	CFU/g faeces	< 2,0 x 10^9	FE NA) MGSEQ
Fusobacteria				
Fusobacterium spp.	< 1,0 x 10^6	CFU/g faeces	< 1,0 x 10^7	FE NA) MGSEQ
Verrucomicrobia				
Akkermansia muciniphila	3,6 x 10^7	CFU/g faeces	> 5,0 x 10^9	FE NA) MGSEQ
Proteobacteria				
Pathogenic or potentially pathogenic bacteria				
Haemophilus	8,9 x 10^8	CFU/g faeces	< 1,0 x 10^9	FE NA) MGSEQ
Acinetobacter	< 1,0 x 10^6	CFU/g faeces	< 1,0 x 10^6	FE NA) MGSEQ
Escherichia coli Biovare	< 1,0 x 10^4	CFU/g faeces	< 1,0 x 10^4	< 1,0 x 10^4 FE A) KULTAZ
Proteus species	< 1,0 x 10^4	CFU/g faeces	< 1,0 x 10^4	< 1,0 x 10^4 FE A) KULTAZ
Klebsiella species	< 1,0 x 10^4	CFU/g faeces	< 1,0 x 10^4	< 1,0 x 10^4 FE A) KULTAZ
Enterobacter species	4,0 x 10^8	CFU/g faeces	< 1,0 x 10^4	4,0 x 10^8 FE A) KULTAZ
Serratia species	< 1,0 x 10^4	CFU/g faeces	< 1,0 x 10^4	< 1,0 x 10^4 FE A) KULTAZ
Hafnia species	< 1,0 x 10^4	CFU/g faeces	< 1,0 x 10^4	< 1,0 x 10^4 FE A) KULTAZ
Morganella spp.	< 1,0 x 10^4	CFU/g faeces	< 1,0 x 10^4	FE NA) MIB
Histamin Developing Bacteria				
Histaminbildende Bakterien	1,6 x 10^8	CFU/g faeces	< 5,0 x 10^8	FE NA) MGSEQ
H2S production				
Sulphate reducing bacteria	5,2 x 10^8	CFU/g faeces	< 2,0 x 10^9	FE NA) MGSEQ

Test	Result	Unit	Standard Range	Previous Result
Immunogenicity / Mucus production				
Immunogenically effective bacteria				
Escherichia coli	**4,0 x 10^8**	CFU/g faeces	10^6 - 10^7	**2,0 x 10^8** FE A) KULTAZ
Enterococcus species	**1,0 x 10^8**	CFU/g faeces	10^6 - 10^7	**< 1,0 x 10^4** FE A) KULTAZ
Lactobacillus species	1,0 x 10^5	CFU/g faeces	10^5 - 10^7	**4,0 x 10^4** FE A) KULTAZ
Mucin production / Mucosa barrier				
Akkermansia muciniphila	**3,6 x 10^7**	CFU/g faeces	> 5,0 x 10^9	FE NA) MGSEQ
Faecalibacterium prausnitzii	5,4 x 10^10	CFU/g faeces	> 5,0 x 10^10	FE NA) MGSEQ
Yeasts / Molds				
Candida albicans	< 1,0 x 10^3	CFU/g faeces	< 1,0 x 10^3	< 1,0 x 10^3 FE A) KULTAZ
Candida species	**2,0 x 10^4**	CFU/g faeces	< 1,0 x 10^3	**4,0 x 10^3** FE A) KULTAZ
Geotrichum candidum	< 1,0 x 10^3	CFU/g faeces	< 1,0 x 10^3	< 1,0 x 10^3 FE A) KULTAZ
Moulds	negative		negative	negativ FE A) KULTAZ
Parasites				
Giardia lamblia	negative		negative	negativ FE NA) MOLEK
Entamoeba histolytica	negative		negative	negativ FE NA) MOLEK
Cryptosporidium spp.	negative		negative	negativ FE NA) MOLEK
Blastocystis hominis	positive		negative	positiv FE NA) MOLEK
Dientamoeba fragilis	negative		negative	negativ FE NA) MOLEK
Cyclospora cayetanensis	negative		negative	negativ FE NA) MOLEK

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